What is claimed is:

1. A method for preventing an increase in matrix metalloproteinase (MMP) activity or reducing MMP activity in a subject, said method comprising the step of:

    a) administering to said subject a therapeutically effective amount of an aldosterone blocker.

2. The method of claim 1, wherein said aldosterone antagonist comprises eplerenone.

3. The method of claim 1, wherein said aldosterone antagonist comprises spironolactone.

4. The method of claim 1, wherein said MMP activity is modulated in myocardial tissue.

5. The method of claim 1, wherein said MMP activity is modulated in left ventricular tissue.

6. The method of claim 1, wherein said MMP activity is modulated in the tissue of a member selected from the group consisting of heart, kidney and brain.

7. The method of claim 1, wherein said MMP activity is modulated in a coronary artery.

8. The method of claim 1, wherein said MMP activity is MMP-2 activity.

9. The method of claim 1, wherein said MMP activity is MMP-9 activity.

10. The method of claim 1, wherein said MMP activity is MMP-13 activity.

11. The method of claim 1, wherein said MMP activity is MMP-2 activity, MMP-9 activity or MMP-13 activity.

12. The method of claim 1, wherein said MMP activity is modulated in said subject suffering from hypertension.

13. The method of claim 1, wherein said MMP activity is modulated in said subject suffering from heart failure.

14. The method of claim 13, wherein said heart failure is selected from the group consisting of class-II, class-III and class-IV heart failure.

15. The method of claim 1, wherein said MMP activity is modulated in said subject suffering from cardiac fibrosis.

16. The method of claim 1, wherein said MMP activity is modulated in said subject suffering from atherosclerosis.

17. The method of claim 1, wherein said MMP activity is modulated in said subject suffering from enlargement of the heart.

18. The method of claim 1, wherein said MMP activity is modulated in said subject suffering from left ventricular dilation.

19. The method of claim 1, wherein said MMP activity is modulated in said subject suffering from progressive left ventricular failure.

20. The method of claim 19, wherein said MMP activity is modulated in said subject having a left ventricular ejection fraction less than about 40 %..

21. The method of claim 1, wherein said subject is a mammal.

22. The method of claim 21, wherein said mammal is a human.

23. The method of claim 22, wherein said human has symptoms of or has had symptoms of a condition selected from the group consisting of heart failure, renal disease, stroke, diabetes and syndrome X.

24. The method of claim 2, wherein said administering step comprises administering a daily dose of said eplerenone from about 25 mg to about 400 mg.

25. The method of claim 24, wherein said daily dose is provided in a single daily dose.

26. The method of claim 24, wherein said daily dose is provided in multiple divided doses.

27. The method of claim 24, wherein said daily dose is administered orally.

28. The method of claim 1, wherein said aldosterone blocker inhibits said MMP activity.

29. The method of claim 2, wherein said eplerenone inhibits said MMP activity.

30. The method of claim 1, wherein said aldosterone blocker is an epoxy-steroidal aldosterone blocker.

31. The method of claim 30, wherein said epoxy-steroidal aldosterone blocker is combined with a pharmaceutically acceptable carrier.

32. The method of claim 22, wherein said human has symptoms of or has had symptoms of syndrome X, atherosclerosis or myocardial infarction.

33. The method of claim 22, wherein said human has symptoms of or has had symptoms of coronary arterial disease.

34. The method of claim 1, wherein the aldosterone blocker is a selective aldosterone blocker.

35. The method of claim 1, wherein said MMP activity is modulated in renal tissue.

36. The method of claim 1, wherein said MMP activity is modulated in the vascular tissue of a member selected from the group consisting of heart, kidney and brain.

37. The method of claim 22, wherein said mammal has symptoms of or has had symptoms of a condition selected from the group consisting of heart failure, renal disease, stroke, diabetes and syndrome X.

38. The method of claim 32, wherein said mammal has symptoms of or has had symptoms of syndrome X, atherosclerosis or myocardial infarction.

39. The method of claim 33, wherein said mammal has symptoms of or has had symptoms of coronary arterial disease.